

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts

Translations, essays & notes by Piya Tan ©2013

Volume 42

Impermanence & diligence

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Impermanence in our lives means that every moment of effort counts

Suttas: <http://dharmafarer.org>

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Printed in Singapore

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Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery 42. Theme: Impermanence & diligence
Series: The living word of the Buddha (2002-)
First published 2013; publisher: the author

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(Aṭṭha Dāna Sutta, A 8.31/4:236)*

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As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of “mere Buddhism.” In this connection, he has set up the Minding Centre and Pali House.

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Piya Tan, who works on these Suttas and notes, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s. After that, he was invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

Piya is a **full-time Dharma** teacher who is also doing a full-time annotated translation of the Pali Suttas for those who wish to study and practise Dharma-based meditation as taught by the Buddha. As a Theravāda monk, he learned insight meditation from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned forest meditation from **Ajahn Brahmavamso**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and various schools, institution and corporation. He is doing all this for the love of Dharma and of Ratna and their two children.

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- meditation therapist; 63 years old; a monk for 20 years
 - has taught meditation for over 30 years
 - has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
 - mentor and meditation instructor to various executives and individuals
 - referrals from doctors, social workers, etc
 - now translating and teaching early Indian texts on meditation and psychology
- Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

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